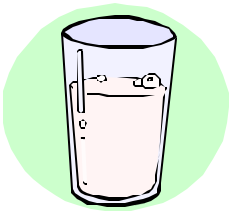
Stations For Liquids

Station 1: FORMULA



Suppose your "milk" prescription is to drink 1 can of "milk" per day. One day, you only drink a half a can.

A. How would only drinking half a can affect your energy intake from "milk"?

Decrease Increase Remain the same

B. Would drinking half of your "milk" prescription make you more or less hungry throughout the day?

More Less

C. Would you be tempted to eat more food than usual during the day?

Yes No

D. Would drinking half a can make you more or less thirsty throughout the day?

More Less

Station 2: CONVERSIONS

If you don't know the answers to the following questions off the top of your head, use the measuring cups and spoons to help you solve the problems.

1. How many tablespoons are in 1 cup? _____

   (a) If you had 1/2 cup of apple juice, how many tablespoons would you have? _____

2. How many teaspoons are in 1 tablespoons? _____

   (a) If a recipe called for 6 teaspoons of vanilla, how many tablespoons is that? _____

3. How many fluid ounces are in 1 cup?

_____

(a) If you drank 12 fluid ounces of Coke (1 can), how many cups have you drunk? _____

4. How many grams are equal to 1 pound? _____

(a) Half a can of Phenyl-Free weighs 1/2 pound. How many grams are 2 cans? _____

Station 3: BEVERAGES

Test your knowledge of the amount of phenylalanine in these common beverages! Arrange the following beverages on a scale from the lowest (1) to highest (5) phe content.

_____ Grape juice (1 cup)

_____ Cranberry juice (1 cup)

_____ Tomato juice (1 cup)

_____ Regular Coke--*not diet* (1 cup)

_____ Orange juice (1 cup)

1 (Lowest) ⟶ **5 (Highest)**

Station 4: SOUP

Read the labels!!

1. Is this can of tomato soup condensed or diluted with water? _____

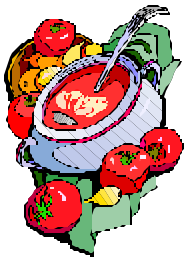
2. Will this can of tomato soup contain more or less phe than an equal-size can of diluted with water, ready-to-eat tomato soup? _____

3. Suppose you ate 1 cup of tomato soup. You made it by adding 1/2 cup of condensed soup with 1/2 cup of water. What would be the correct way to write it on your food record?

   A. 1 cup tomato soup

   B. 1/2 cup condensed tomato soup

   C. Soup



DISCUSSION QUESTION #1

Joe is allowed 300 mg phe from food per day. By the time he gets home from school, he's already eaten 200 mg phe. Joe was thirsty after soccer practice. He came home after school and looked in the refrigerator for something to drink. He had three choices:

   A. Orange juice (66 mg phe for 3 cups)

   B. Cranberry juice (18 mg phe for 3 cups)

   C. Gatorade (0 mg phe)

What choice would you make for Joe?

_____

How would that affect Joe's food choices for dinner?

_____

_____

_____

DISCUSSION QUESTION #2

Joe is 16 years old and an elite soccer player. It is estimated that his total requirement for energy is approximately 3000 calories per day. When he drinks one can of Phenyl-Free 2 and limits his phe from food to 300 mg, he has excellent blood phe levels.

Joe forgot to bring his formula to soccer practice, so he drank only half a can of "milk". By dinner, he is starving! Using the food list below, plan three dinner meals for Joe that will satisfy his hunger but only provide 100 mg phe from food. *Hint: Be sure to remember his formula!*

FOOD	MG of PHE	CALORIES
1 can Phenyl-Free 2	0	1860
1 slice regular white bread	140	88
1 slice low protein bread	13	102
1 tablespoon jam	0	50
1 medium banana	43	105
1 cup apple juice	0	120
1 cup cranberry juice	6	140
1/4 cup cucumber slices	8	6
5 cherry tomatoes	13	15
1 orange	38	70
1 cup tomato soup, prepared	46	90
1/2 cup white rice, instant	90	90
1/2 cup low protein rice, cooked	5	158
1 cup spaghetti, cooked	324	196
1 cup Loprofin vermicelli, cooked	7	240
1/2 cup green beans	34	18
1/2 cup mushrooms, cooked	59	19
1/2 cup boiled potatoes	56	66
1/2 cup lemon pudding	0	124
1/2 cup Mocha Mix ice cream, vanilla	50	180

Dinner One: _____

_____

Dinner Two: _____

_____

Dinner Three: _____

_____

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